



January Schedule



Pleasanton Sole Mates

Walking is one of the easiest and most cost effective forms of exercise for adults. Join our weekly walking group on Wednesday mornings. Participants must be able to walk 2.5-3 miles and keep a moderate pace with the group. Walks depart from the Senior Center at approximately 8:50am. Walks are rated below.

January 6, 2016

CENTER CLOSED FOR MAINTENANCE

January 13, 2016 City Stroll 8:45-10:00am

Leaving from the Senior Center we will walk through town and explore local neighborhoods.

Moderate Walk

January 20, 2016 Marilyn Murphy Kane 8:45-10:00am

Leaving on Paratransit from the Senior Center we will meet at the staging area of the Marilyn Murphy Kane Trail located at 3200 W. Lagoon Road. We will walk back to the Senior Center, and not return to staging area. If meeting at the trail be there by 9:00am.

Moderate Walk

January 27, 2016 Second Street 8:45-10:00am

Leaving from the Senior Center we will walk down Second Street and through adjoining neighborhoods.

Moderate Walk

For more information call
925-931-5365



Walks take place every
Wednesday, weather
permitting.